



raw red tacos

Yields 4 servings

ingredients

- filtered water
- 1/2 large beet, washed and thinly sliced (makes 8 tacos)
- 1 zucchini, washed and diced
- 1/4 red cabbage, washed and shredded
- 1/2 cup non-spicy salsa
- cilantro, parsley or chives to garnish



Photo credit: Pixabay

method

Soak the beet slices in a bit of filtered water for 30 minutes. These will become your taco shells.

Once the beet taco shells are soft, fill your raw, red tacos with the diced zucchini, shredded cabbage, fresh herbs and non-spicy salsa.

Note: add any other raw veggie to your taste to fill up your taco! Some ideas: red bell peppers, radishes, extra tomatoes, or even long and low cooked or roasted veggies. If you are following the Gerson Therapy and are at that point where you are eating more protein, you can add some beans to the mix.